'International Foods' class offers cultural expansion

photo by teresa mori

Members of FN106 find every class period is an experience in learning about other cultures through their foods.

By Anne Ely
Staff Writer

"What's for lunch?"

"Paella Valenciana--or is it chicken cutlets Pajorski?"

"No, it's Mongolian Lamb with spring onions, and next time it's stuffed grapevine leaves with rice."

These are not the comments of students waiting in line for the Clarke cafeteria. These are things you might hear from students enrolled in FN106--International Foods, a three-credit course offered each spring by Clarke's food and nutrition department.

The course was established in 1973 by Mrs. Barbara Schick, department head and class instructor. She sees much value in the course, not only for nutritional but for sociological purposes as well.

The students learn about other cultures and ethnic groups through research and preparation of characteristic foods. Main activities for each student include two food preparation projects, one related to a region or ethnic group in the United States and the other dealing with foods of another country. The foods chosen for the projects are typical of an average family of that area.

The class meets on Tuesdays, 8:20-9:10, and on Thursdays, 8:20-11:10. Tuesdays are set aside for lectures and discussions on the world food problem and related topics. The class also sees films on world hunger and possible solutions. Thursdays are laboratory periods in which the students prepare the foreign foods and discuss the general culture of the country being studied for that day.

The class is learning that cooking methods around the world do not differ as much as one would imagine. Many foods are basic to a wide variety of cultures, one of the most common foods on a worldwide scope being rice. Mrs. Schick said it was amazing to learn of the myriad of ways in which something as simple as rice can be prepared. In China and Japan, rice is served plain with vegetables or fish, whereas in the Middle East it is fried and served with spices such as cinnamon or nutmeg. The Spanish people fix paellas, a mixture of rice, vegetables, fish, oysters, and a variety of other things. "There must be a hundred ingredients in some of those recipes," said Mrs. Schick, "but the basic one is always rice."

The study of different cultures through their foods is important in increasing a student's scope and broadening her awareness of other countries. "They are learning that other people aren't strange just because they don't eat the same foods that we do." Mrs. Schick herself has done extensive traveling in foreign countries, and lived in Isreal for a year, so is aware of foods that one may encounter in different countries.

For those in the class who are majors in food and nutrition, Mrs. Schick sees a definite professional value. Many of the majors will later find positions as hospital dieticians, and could find themselves planning meals for people of different ethnic or cultural backgrounds. "What they have learned here will help them know how to tackle the problem of feeding such a person," explained Mrs. Schick. "Getting well often depends on a patient's eating habits, and a dietician can contribute much to a patient's well-being by fixing the type of foods he is used to."

Sue Hippen, a sophomore food and nutrition major who is enrolled in the class, spoke highly of its value. "It's really fun," she said. "Right now I'm preparing my project on Chinese food, and it involves a lot of research and planning, but it's so interesting."

Sue explained some of the unusual things she was learning about Chinese food. "A real speciality are their '100 year eggs, although really they're only 100 days old. They sound terrible, and they look terrible, too, but they taste like an aged cheese." She listed other delicacies as being bird's nest soup, made with real birds' nests. "This is served only for special occasions and is a real delicacy," Sue said. Since products like this are inaccessible for her project, she is planning a menu of sweet and sour pork, egg rolls, and rice, among other things.

The class enjoys the fruits of their labor by tasting all of the foods prepared in class. The foods are served as they would be in the country they represent. For instance, if the people generally sit on the floor and eat with chopsticks, the class eats, in a similar manner.

International Foods is open to non-majors as long as the total enrollment is not more than 12. The present class enrollment is five, the smallest one for some time, according to Mrs. Schick.

"You know what I'm hungry for? Some good old fried tempura."

"I wish we could order out for jiternice pork sausage."

"Is it shark's fin soup yet?"

the COURIER

Vol. XLIX, No. 12 CLARKE COLLEGE, Dubuque, Iowa March 4, 1976

Clarke-Loras Singers present summer concerts in Poland

By Elizabeth Aga
Staff Writer

The Clarke-Loras Singers, as Bicentennial ambassadors, will visit Poland May 31 to June 21 to participate in the ten-day, First Polish-American Music Festival in Carcow, Poland.

The Singers, the only mixed group traveling to Poland, will give separate performances as well as joint concerts with five other choruses.

The trip, subsidized by Readers' Digest and the Polish government, is being arranged through Friendship Ambassadors, a New York-based non-profit, tax-exempt organization that concentrates on Iron Curtain countries.

Members will pay part of their expenses, but they are considerably lower than what members would pay if they went on their own, said John Lease, director of the group.

Lease and the 36 members will leave here for New York on Amtrak. From there they will board PanAm to Poland, via Paris or Shannon, Ireland.

After a two or three day stay in Warsaw, their first stop, they will go to Carcow, the festival site for 12 days. Remaining days will be spent visiting other towns and places, including the Nazi concentration camp in Auschwitz.

Lease said the trip will be mutually beneficial. By participating in a people-to-people program, the Singers will give something to return for the enriching experience. Lease added, "only music can provoke such unanimity among men."

Kathryn Morgan, executive director of Friendship Ambassadors, gave a slide presentation and lecture on Poland to the group last month.

Morgan said some Europeans still have the image of Americans as cowboys, Indians or camera-clicking tourists. By getting to know people in an informal situation, Clarke-Loras Singers will present a different picture to them.

"Your mission," she said to the Singers, "will be to bring about a warm understanding with music as the medium. It alone can transcend the governmental, religious and political barriers."

She reminded group members that they will be meeting the future leaders "because about 55 per cent of the Polish population is under 35 years old."

Other groups traveling with Clarke-Loras Singers are Singing Men from the University of Arkansas in Ouchita; Baroque Chamber Ensemble in Florida; Manhattanville College Chorus in New York, and Rollins College in Florida.

This is the first time the trip has been arranged through Friendship Ambassadors. Future trips may be arranged through them if this journey works out, Lease said.

Friendship Ambassadors, now in its 20th year, has arranged trips to Iron Curtain countries since 1971.

Art display features communication mode

By Carol J. Frahm
Staff Writer

"Communication Series," an art exhibit of five works by Kathryn Kucera, will be displayed in the solarium of Margaret Mann Hall from March 20 to April 24.

Originally billed as a "contemporary weaving display," it is not that at all, according to Sister Helen Kerrigan of the art department, who is coordinating the display. The works, which center on a communication theme, are actually an art form called assemblage.

Assemblage has roots in the collage art form, Sister indicated. People will find it hard to understand, and will probably question whether it is actually art, she said. Some background information will be needed to understand the exhibit, she added.

"Assemblage is an established mode of communication employing word, symbols, and signs, as freely as it does pigments, materials, and objects," according to the text, "The Art of Assemblage," by Seitz. An anti-war art movement known as "Dada" nutured its existence during the First World War in Switzerland. The term "assemblage" now, Seitz says, utilizes both collage and found objects of various sorts.

Seitz also says, "Every work of art is an incarnation, and investment of matter and spirit. The term 'assemblage' has been singled out with this duality in mind, to denote not only a specific technical procedure...but also a complex of attitudes and ideas."

Sister Helen indicated that this "duality" is present in Kuchera's works. The works are satrical, yet each says something; and in addition there is something to look at, she noted.

Kucera, a sister of Sister Barbara Kutchera of the English department, says of her work: "A variety of stationery items comprise this recent work, some having been painted or altered in other ways. In each piece the format is serial, and the arrangement is formal and restrained in contrast to the expressive nature of the individual parts. The resulting tension is related to the theme of this work and hopefully justifies its reason to be."

Kucera, who received her undergraduate degree from the University of Wisconsin and her Master's of Fine Arts Degree from the School of Art Institute of Chicago, is currently teaching at the Institute, the College of Du Page, and the Evanston Art Center, all in the Chicago metro area. The artist's works have been displayed extensively in the Chicago area, including several shows at the Artemisia Gallery and the Evanston Art Center.

Although concerned about ironing out the details of the display, Sister Helen expressed eagerness at having the artist display her works at Clarke, especially since it will afford the opportunity to meet with her. A reception for Kucera will be held on the evening of March 20 in the Solarium.

around the dubuque colleges

Parents' Weekend at Clarke, scheduled for March 27-28, has been cancelled since no hotel reservations are available doe to a square dance convention in Dubuque for that weekend.

* * *

AAC will meet March 22 at 4:30. SAC will meet March 22 at 4:35.

* * *

An evening of Spanish folk and Flamenco dances, highlighted by an imitation bullfight, is in store when the Spanish department, in cooperation with the Cultural Events Committee, presents "Flamenco Bullfight," Friday, March 26 at 8 p.m. in TDH.

"Flamenco Bullfight" is a dance, song and guitar concert performed by the Boston Flamenco Ballet, Inc., under the direction of Simon Blasco. Several of the dances represent the suffering, courage and excitement surrounding the bullfight. The highlight, in fact, is a very realistic imitation of all the steps, rituals and incidents of a real "fiesta brava" with a life-sized bull and a picador's horse. The bullfight is presented not as a sport or a barbaric curiosity, but as an ancient ritual inherent to the Spanish way of life and death.

Admission will be $3 by advance reservation, $3.50 at the door, and $2 for students with an ID. Tickets may be purchased at the switchboard.

* * *

The English department will continue its monthly film serieson March 18 at 7 p.m. in ALH with a group of films about poets. Those poets featured will be Anne Secton, Denise Levertov, Charles Olson, Gary Snyder, and Philip Whalen.

* * *

Sophomore Kathryn Beth Nordmeyer and freshman Mary Beth Metzger will present a piano recital on March 26 at 7 p.m. in the Music Hall.

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Forum will meet on March 18 at 4:35.

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The second Antioch weekend for the school year will be March 19-21 at Mount Carmel.

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A special Earth Day campus cleanup project will be held on March 20, with a special liturgy on March 21.

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RAP (Reach Another Person) will hold a pizza party on March 23 at 9:30 in the Mary Josita Coffee Shop.

* * *

A lecture on "Women in the Church" will be given at 7 p.m. March 25 in ALH. There will be a reception following.

* * *

A special dinner for off-campus students will be held on March 24 in the Mary Josita Coffee Shop.

* * *

The American Chemical Society Student Affiliates will meet in the Mary Jo Informal Lounge on March 25 at 6:30.

* * *

The Executive Council will meet on March 25 at 4:30.

Cafeteria managers fill important positions for ARA

By Elaine Konz
Staff Writer

As you leave home and enter a life called college, there is one large adjustment you must make. No more of mother's good home cooking!

Here at Clarke, the people behind the scenes realize this is our home away from home and try to please us as such. There are two people who have a major part in fulfilling our essential need of nourishment: Mr. and Mrs. Jack Coffey.

Mr. and Mrs. Coffey have been seen regularly in the Clarke Dining Room over the past four years. Mr. Coffey's job includes supervising, ordering, planning menus, and overall control. Mrs. Coffey's jobs are in the area of inventory, expressing what is needed, bookwork, and working with the time cards.

Mr. Coffey, who has been in ARA for eight years, and Mrs. Coffey, 4 year veteran, explained the role ARA exactly does play in the running of the cafeteria. ARA stands for Automatic Retailers of America, and was originally a vending company. As time passed, they merged with companies that catered schools and hospitals, and ARA eventually became a service company. ARA's main role is in service which includes setting up accounts and contacting schools for new accounts.

The initial buying and manual work is done by the individual manager, which is where Mr. Coffey steps in. Though Clarke, Loras and University of Dubuque are all run by ARA, each college orders independently. At one time, a general menu was set up with the idea of gaining more buying power. As time passed, it became impossible as the likes and the dislikes of the three colleges differed greatly.

ARA does give each school a menu schedule with a quantity of recipes. (It seems that any place that is run by ARA would appear to have the same food). The menu is usually planned three weeks prior to the service. The schedule may vary with shortening of items due to cost or delivery, but is usually fairly accurate.

The kitchen crew (excluding student help from both college and high school) consists of 11 members. A few of the jobs are salad lady, cook, pot-pan man, and relief cook. The crew is based on a 40 hour week with different cooks on the weekend.

The Clarke Dining Room Service attempts to adjust menus according to the tastes of the students. This is done by tabulating and recording the entrees at every meal. A prime example is with hamburgers and french fries which estimates at about 400 hamburgers and 90-130 pounds of fries for one meal. The students may question as to why their favorites aren't always served. This is due to meeting the needs of all involved, including students and teachers as in the choice of roast beef and liver.

Mr. Coffey features monotony breakers throughout the year with such things as buffets, movies, picnics, and the special dinners. These all include more work and the crew tries to make it just a little more special than an ordinary meal. Preparation becomes much more detailed by making sure all ingredients are here and everything is ready when the students are ready.

When speaking of the present meal ticket system, Mr. Coffey commented that he would prefer a new system. Showing a ticket seemed to be a hopeless case, but Mrs. Coffey added that after awhile a person gets to know the students. Mr. Coffey's idea of a new ticket would entitle a student a certain number of meals a semester and the ticket would have to be punched each time in order to eat.

The Coffeys' experience in food service has grown throughout the years. Mr. Coffey was in food service 17 years before joining ARA, though Mrs. Coffey has only been involved first hand for four years. She added that her father was a restaurant man, plus her husband and two of her sons. Mrs. Coffey didn't become involved until she found out how much emphasis was put on the manager's family. Mrs. Coffey spoke of her first days on the new job, and the problems that came with it. She recalled joking over the invoices the first few times, and couldn't understand why they only wanted 10 cans. She learned very quickly that 10 cans are not your regular size can found in a grocery store!

Mr. Coffey laughed as he spoke of his first job in the food service. The beginning of his career started by buttering toast, no less with a lady standing behind supervising! From toast butterer to manager is quite a step!

Mr. Coffey has always been involved in college and school business as he enjoys working with students. He commented in his success he has had at Clarke as the students and the school are very easy to work with.

The Coffey's have a family of seven children, ranging from 10-24 years and are originally from the Omaha-Lincoln area, though have transferred several times. They will be observing their 25th anniversary May '76 -- Happy Anniversary.

After working in a kitchen all day, it is questionable as to who prepares the meals at home. The Coffeys explained they both cook but eat at irregular hours. Mr. Coffey added that he didn't like to look at food until about 8:00 in the evening.

Much action goes on behind the doors of the Clarke Dining Room. Under the direction of the Coffey's, we are served breakfast, lunch, and dinner in hopes of pleasing the students. Clarke is our home away from home and the Coffeys realize this by trying in their way to make it our home.

photo by teresa mori

Members of the Saint Vincent de Paul society visit retirement homes each Sunday afternoon.

Students bring music, enjoyment to elderly

By Karen Thompson
Staff Writer

On Sunday afternoons, any and all interested persons are invited to join the members of the St. Vincent de Paul Society in entertaining at one of the Dubuque nursing and retirement homes. Each week, the group visits one of these homes for the elderly and shut-ins to sing for about 1 to 1½ hours. To participate, you do not have to be any kind of a singer; just have the desire to give some of your time to bring a little pleasure into the lives of others.

The organization is a cooperative association between students from Clarke and Loras. The vice-president from Clarke is Sue Bohnstengel. In describing the purpose of the organization, Sue explained, "We sing to give the people a little enjoyment on a day they may not have any visitors."

In the performance each week, the group sings songs familiar to members of all generations and some particular to certain nationalities. Examples are: "Joy Is Like The Rain," "Today," "Five Hundred Miles," "When Irish Eyes Are Smiling," "Viva L'Amour" and many others. Many times it happens that the group does not provide all of the entertainment. Members of the audience may give a small performance for the group. At St. Francis Home where the members went last Sunday, there is one gentleman who performs on the harmonica regularly.

The name St. Vincent de Paul comes from the group's association with the Dubuque chapter of the St. Vincent de Paul society. The college organization, besides performing for the elderly, is involved with the clothing drive which takes place each fall around Thanksgiving.

It is extremely rewarding for the members to see the appreciation in the faces of the men and women. Sue also mentioned, "At times we can see them crying during a particular song which might be one of their favorites or one which has a special meaning or memory for them."

As the other established groups of RAP Club, St. Vincent de Paul tried to reach out and bring a little pleasure into the lives of others. This effort is especially evident after each Sunday performance. After the singing has finished, the members of the group simply talk to the people for a while. This part of the program is the most appreciated on both sides for this is when we can touch another person on a one-to-one basis.

Editorial

Constructive actions can take place of complaints

By Mary Brady
Staff Writer

Rag, rag, rag! We hear it all the time--in the cafeteria, in the halls, at the post office, and in the dorms.

"What-creamed liver and onions, 'Jack's Surprise' at brunch after a Riverside! Ugh!"

"What do these teachers think we're here for studying-I have three tests and two papers due on Friday! My teachers think I have nothing else to do but study only for THEIR class!"

"I never get any mail, my mom doesn't write, neither do my friends, I don't even get any handouts any more!"

"That stereo next door is driving me nuts--don't they ever study?"

Everybody comes in contact with these comments at least once a day, it's almost like taking a "One-a-Day-Vitamin;" without complaining, what else would we talk about all day long? I often wonder what kind of affect "ragging" has on others. Does it liven up their day or does it just make it seem worse? Sometimes, it seems all we have time for between eating, partying, and skipping classes is complaining.

Things just never seem to go as well as we hope they will. The minute something goes wrong; when the food isn't like mom's, the teachers seem to be inhuman, or our friends get on our nerves, we join in age-old past time, currently known as "ragging." While in the process of ragging we seem to place the blame on those who really don't have any control over the matter. For example, the cigarette machine can't help it that you got Camels instead of Marlboro Lights (and no matches). Whose fault is it when the munchie machines get fed instead of you?

Have you ever tried to fix dinner for 400 each night, trying to add a little pizzazz even if it's only barbeque sauce to the leftover roast beef?

Teachers are oftentimes placed on a spot with their class expectations, formed so you'll get the most out of their course, they honestly can't help the fact that other teachers have similar plans.

"Mailless" is better than being "Maleless" but that's no consolation at 10 a.m. You can hardly expect tons of fan mail when stamps cost 13 cents. There's always the hope that Sister Post Office will finish your magazine by tomorrow and the Orkin man will come and kill the spiders in your box.

As for the tranquil life next door to the deaf rock-n-roll fan you can always buy ear plugs or send them poison pen letters (that would solve their mail problem.) But sometimes they don't really realize how loud their stereo is after all they're only trying to hear theirs over yours and a tactful remark may end the "Battle of the Bands."

Often in a dorm situation people tend to become terrible self-centered, so we all have to learn to give and take--I don't mean "taking" someone's sweater and "giving" it back unwashed, but often times a smile or an "I'll let you use the good shower" may cheer someone's gloomy day and prevent a future "rag" session.

Everybody needs to "rag" sometime, it makes you feel better but different types of complaining affect people in different ways. Some people will listen and agree, others will just block it out, and some just rag about all the ragging that goes on. Very seldom is anything ever done about the reason for the complaining.

You may have noticed that the people who complain the most are the ones who do the least about their situation. For example, instead of spending so much time complaining about how much work she has to do, why can't that student get hustling and start in actually doing it? Lots of times constructive action can be taken to alleviate situations which merit complaints. Wouldn't it be better to take some of that constructive action, rather than just rag about how bad things are? Plus, all that ragging can hardly be making life any more pleasant for the people with whom we live.

As women aware we should become more aware of ourselves, and those around us. It's that big question of concern and consideration for others. Maybe if we took the time to care a little more than usual it might just cause one less person to state one less complaint.

Post Office surrounded with joy, excitement, and activity

By Kim Esser
Staff Writer

"You ask her."

"No, you ask her."

"Hey, Sister! Is all the mail passed yet?"

This conversation is a common occurrence for Sister Katherine Anne Beckman better known as "Sister Post Office." Sister has not always been passing mail and "care packages." Sister Katherine Anne taught primary and intermediate grade school children for nearly 20 years before her 6 years at Clarke. Originally from Sperry, Iowa, Sister Katherine Anne's teaching career has brought her to such places as Chicago, Cicero, Rock Island, Muscatine, and Iowa City. Retiring early because of increasing hearing loss, Sister Katherine Anne has been responsible for making sure all the letters and packages from home, the latest gossip from friends, and the hot lines from the boyfriends have been getting to the anxious recipients.

Sister Katherine Anne expressed that "I really loved teaching, but this is a good second career." Sister believes there is a lot of excitement and activity surrounding the post office and enjoys seeing the students receive awaited letters and packages. "In my job, happiness seems to be hearing a student rejoice when she receives a 'pink slip' saying she has a 'care package' from home." It's not uncommon for Sister to hear screams of joy and excited laughter in the post office.

"My philosophy is to do things for others to make them happy." And Sister Katherine Anne certainly does. Sister always has string, boxes, tape, paper, and change for money on hand. Helping stamp collectors is just another way Sister brings happiness to others.

So the next time you go to the post office and want to ask "Sister Post Office" if the mail's all passed, say "Is the mail all passed yet, Sister Katherine Anne?"

"Yes, Virginia, there really is a Sister Post Office."

COURIER

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Inflation ca...

By Anne Ely
Staff Writer

Inflation has hit Clarke College once again, resulting in higher costs of food, groceries and general services for the community. These rising costs made their mark on the deficit budget for this year, and to compensate for the increased expenses, the Board of Trustees voted to increase students' educational costs for the 1976-77 academic year.

Tuition will go from $2000 to $2250, and board will be $760, an increase of $60. The cost of each room will be increased $25, and will range from $525 to $650 per year, according to the room selected.

President Robert Giroux gave several reasons that made the increases necessary. "A prime example is the cost of fuel," he said. "Our fuel costs have doubled in the last three years. Last year our electricity bills totaled $28,000 for the lights alone."

Mounting food prices were another factor in the decision to raise the fees. Dr. Giroux said that the grocery bills had become astronomical. "Yet I want to maintain a quality of service without cutting back on food." Increasing the budget of the food service is the

Special issu...

The senior project is something which hovers in the future of every student, demanding to be completed much sooner than one expects. For Fran O'Brien, the senior project is not in the form of a music recital, an art show, or student teaching. It is not a chemical research experiment, or an oral presentation on the early works of Shakespeare, or a URE examination. Fran, a political science and journalism major, decided to combine the senior projects for both of her majors into one. This issue of the COURIER, therefore, is devoted to one main topic: the presidential candidates. All of the articles contained on the next five pages have been completely researched and written by Fran herself.

Fran sees much value in political awareness. "Government is something which affects all of us in almost every facet of our daily living. We owe it to ourselves to be well informed about the candidates as their policies will be our guidelines of the future. I saw this project as a way of sharing what I had learned. I hope the readers will be able to use this as a tool in forming their own political viewpoints. It's only a beginning, because knowledge has little value unless it is applied, in this case, voting."

Fran's own background in politics and journalism has prepared her for handling this project. She did in-